

Werakata Surprise Rogaine

Final instructions to competitors

Welcome

Thank you for entering the 2023 Surprise Rogaine set in Werakata National Park and Abermain

If you are a team leader, make sure this information is available to all of your team members.

Note that the indemnity form at the end of these instructions must be signed by all team members and either submitted to admin before the event via email anitabickle@gmail.com or photo text to 0434 369 493 prior to 5pm Friday 27/10/23 or presented at the registration desk on the day. Please nominate ONE team member to collect the gear on the day from admin.

Competition Rules

The rules of Rogaining are available on the Australian Rogaining website

<https://rogaine.asn.au/documents/rules-and-standards/rules-of-rogaining-and-technical-regulations-2019>

How to get to the event

The Hash House is located at Abermain Soccer Ground, corner of Orange St and Armidale St Abermain.

Entry is Orange St, via Cessnock Rd.

From Sydney:

From M1 Freeway, take the Freemans Waterhole exit. Follow Freeman's Dr to the Gap, then continue onto Leggetts Dr Pelaw Main, turn left onto Boundary St and follow to Northcote St Kurri Kurri follow that through to Cessnock Rd. Then turn Right to Orange St Abermain.

From Newcastle:

Take the hunter Expressway to Main Rd Heddon Greta Exit. In Kurri Kurri turn right onto Mitchell Ave then left onto Northcote St Kurri Kurri follow that through to Cessnock Rd. Turn right onto Orange St Abermain.

Facilities:

Limited parking at Soccer Ground, but plenty in side streets, and nose to kerb will increase car spots.

Water at Hash House with sanitisation station

Toilets are available at the Hash House with sanitisation station

We recommend bringing your own tables and chairs if possible.

WARNING !!!! –

This is a busy area with a network of main roads. Please obey all road safety rules especially when crossing roads and use pedestrian crossings for safety.

The course and its environment:

We have tried to make the course interesting, while still catering for novices, young families, those with moderate experience as well as the seasoned rogainers. There are easier streets and parks, and more challenging bushland in the North West areas of the map. There are lots of birds, several kangaroos and deer out there.

The map

The map has a scale of 1:20000 with 10m contours. It is a composite of a standard topographic maps with additional trails added. It will be printed on A3 waterproof paper, which does not need to be covered. There is a good selection for novices and families and a good layout for runners.

Safety

- Your team is required to stay together **at all times**
- Stay within voice contact of all your team members.
- Stay hydrated - there are waterdrops and some shops on the map to fill up water bottles.
- Care should be exercised at all times when crossing roads. Please use pedestrian crossings where available.
- If an injury or sickness occurs stay together as a team. Mobile phone coverage is available on the map. Ring 000 for an emergency. Kurri Kurri Hospital is 10 minutes from the Hash House.
- Whistles should be carried by all team members. Six (6) whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal should render assistance.

What to bring

For the hash-house:

- Food and water as needed prior, to the event. A sausage sizzle will be provided for competitors from 1100am to 1pm and then 2pm to 330pm. Cold drinks, fruit and salad will be available for hydration throughout the day.
- Pens, pencils, scissors highlighters etc for map work
- Change of clothes
- Something to sit on and a table too if you would like one.

• For the course:

- Compass, watch, pencil and a whistle.
- Mobile phone for emergency calls
- First aid kit, including a snake bite bandage.
- Comfortable clothes and shoes for the event. Gaiters or long pants, and long sleeved shirts are advisable.
- Hat and sunscreen. It can be very hot this time of year.
- 2+ litres of water per person is recommended.
- Bring your own food as required.

Event Schedule

Registration opens:	730 am for map planning
Novices briefing:	In groups as required
General briefing:	As required in Admin area to answer any additional questions
Event starts:	We are trying to beat the heat but also recognise some people have to travel so we have a punch and go start - All team members must punch their watches with a start punch when ready to depart anywhere between 8am and 930am
Event finish time:	3 Hour – between 1100am and 1230pm 6 Hour – between 2pm and 330pm
Results/presentations:	1245pm presentation for 3 hours 3.45pm presentations to 6 hours
Results available Online after the event	

Registration and map distribution will be open from 730am for all teams.

Before you come to registration, please make sure:

- You know your team number. This is available on the web site or on a printout at the admin tent.
- You have your signed indemnity form – signed by all team members.

You will be issued with:

- One NavLight tag and wristband per team member.
- One set of Course Setters Notes for each team member.
- One map, including Control Descriptions, for each team member.
- One flight plan for the team - to be returned to the admin tent BEFORE THE START OF THE EVENT.

Pre-Start Briefings

Course setters and vettors will be available near admin before start to answer any pre start questions.

During the event

At each checkpoint remember to punch all your NavLight tags. If a NavLight punch fails then manually take a photo of the flag and text to admin or record the number on the flag or navlight serial number. At the Finish, your NavLight tags will be punched with a "Stop" punch and read.

The Finish

Before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag. Your team should then leave the area. Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and will be ineligible for a placing.



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :	Team No.:	Car Rego.:
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We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The NSW Rogaining Association (NSWRA) requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The NSWRA does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

- a) The participant agrees to discharge and release the NSWRA, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.
- b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the NSWRA, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name (Please print clearly)	Participant Signature	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s): _____

I acknowledge the risks of rogaining as described above and agree to indemnify the NSWRA for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name (Please print clearly)	Signature	Date
_____	_____	_____

NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate. Version: Sep. 2008